

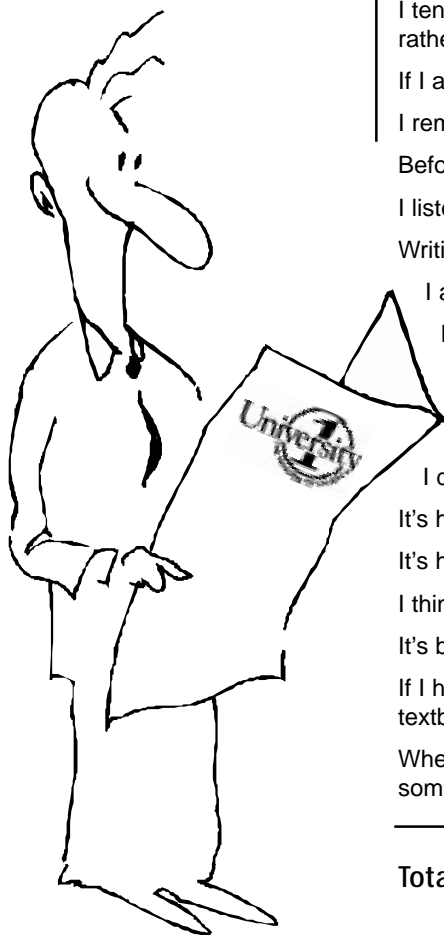


Discover Your Learning Style



Read each statement and determine if it applies to you. Write your 'score' in the parenthesis:
 3 - Often applies 2 - Sometimes applies 1 - Never applies

I like to doodle and my notes contain lots of pictures.	()		
My written work doesn't look neat to me. My papers have crossed out words and erasures.	()		
I don't like to read directions. I'd rather start doing.	()		
I remember something better if it's written down.	()		
It helps to use my finger as a pointer when reading.	()		
I learn best when I am shown how to do something and I have the opportunity to do it.	()		
I get lost or am late if someone tells me how to get to a new place and I didn't write down the directions.	()		
Papers with very small print or poor photocopies bother me.	()		
Studying at a desk is not for me.	()		
When trying to remember someone's telephone number, it helps me if I get a picture of it in my head.	()		
I understand how to do something if someone tells me rather than having to read the same thing to myself.	()		
I tend to solve problems through a trial and error approach rather than from a step-by-step method.	()		
If I am taking a test, I can 'see' the textbook page and where the answer is.	()		
I remember things I hear rather than things I see.	()		
Before I follow directions, it helps me to see someone else do it first.	()		
I listen better when I look at the person talking.	()		
Writing is tiring. I press down too hard with my pen.	()		
I am not skilled in giving verbal explanations.	()		
It's hard for me to understand what a person is saying when there are people talking or playing music.	()		
When I read, I mix up words that look alike, such as 'them' and 'then' or 'bad' and 'dad'.	()		
I do not become easily lost, even in strange surroundings.	()		
It's hard for me to understand a joke when someone tells me.	()		
It's hard for me to read other people's handwriting.	()		
I think better when I have the freedom to move around.	()		
It's better for me to get work done in a quiet place.	()		
If I had the choice to learn new information via a lecture or a textbook, I would choose the lecture.	()		
When I can't think of a specific word, I'll use my hands a lot and call something a "whatchamacallit" or a "thingamajig".	()		



Total Score for Each Column

H

V

A

Learning Style	Description	Tips for Studying
Haptic	<ul style="list-style-type: none"> • Prefers hands-on learning • Has difficulty sitting still • Can assemble parts without reading directions • Learns better when physically active • Might be very well coordinated and have athletic ability 	<ul style="list-style-type: none"> • Use experiential learning techniques such as making models, doing lab work or role playing • Take frequent breaks in study periods • Trace letters and words to learn spelling and remember facts - rewrite your notes • Use a computer to reinforce learning ability through sense of touch • Memorize/drill while walking or exercising
Auditory	<ul style="list-style-type: none"> • Prefers to get information by listening - needs to hear it to know it • Has difficulty following written instruction • Has problems with writing • Learns by interviewing or by participating in discussions • Is unable to read body language and facial expressions 	<ul style="list-style-type: none"> • Interview your instructor • Ask questions • Participate in discussions - form a study group • Read test questions or directions aloud or put on tape
Visual	<ul style="list-style-type: none"> • Needs to see it to know it • Has a strong sense of colour • May have artistic ability • May overreact to sounds • Has trouble following lectures • Misinterprets the meanings of words • Has difficulty with spoken instructions 	<ul style="list-style-type: none"> • Use graphics to reinforce learning such as films, slides, illustrations, diagrams or doodles • Use colour codes to organize notes • Look for written directions • Use flow charts and diagrams for note taking • Visualize the spelling of words or facts to be memorized